**First-Aid Box Contents**

Every class or area must have a fully stocked First-aid Box with the following contents:

 A guidance card on first aid.

 20 individually wrapped sterile adhesive dressings (blue for catering).

 2 sterile eye pads, with attachments.

 4 individually wrapped triangular bandages.

 6 safety pins.

 6 medium individual sterile, unmedicated dressings, 12cm x 12cm.

 2 large, individual, sterile unmedicated dressings, 18cm x 18cm.

 One pair of disposable gloves.

The First-aid 'box' may also contain or have stored near by:

 An airway for mouth-to-mouth resuscitation.

 Eye wash bottle - in locations such as laboratories or workshops.

 (Check use-by dates regularly, or simply use mains water)

 Blankets.

 Disposable apron.

 Blunt ended scissors (min length 12.70cm).

 Yellow plastic disposable bags for disposal of dressings etc.

 The names of all first-aiders.

The following can be kept but should not be put in first-aid boxes:

 Antiseptic cream - 50g tube (Check use-by date regularly)

 Hydrocortisone cream for insect bites rather than antihistamine.

 Strip packets of paracetamol tablets, not bottles.

 Throat lozenges.

 Glucose tablets and powder.

 Disinfectant solution such as TCP.

 Crepe bandage 10cm x 4.5m.

 5 large cotton wool balls.

 Adhesive tape (paper).

In catering areas the following additional item is recommended:

 Blue catering grade plasters.

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**First-Aid Boxes Contents**

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